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Your essential daily news | WEDNESDAY, SEPTEMBER 9, 2015 | High 20°C /Low 12°C Getting brighter

Storm dampens attendance at PNE fair

Thandi Fletcher
Metro | Vancouver

The storm that toppled trees, knocked out power to thousands and drenched Metro Vancouver in rain at the end of August also wreaked havoc on the Pacific National Exhibition fair, resulting in a 10-per-cent decline in attendance from the annual event's 10-year average, organizers said Tuesday.

The first five days saw a positive start with 238,530 visitors, about 22,500 visitors more than anticipated, but six days of stormy weather dampened hopes for record-breaking figures.

"We understand that we can't do anything about weather, but obviously this was unlike anything that we've seen before," PNE spokeswoman Laura Ballance told Metro.

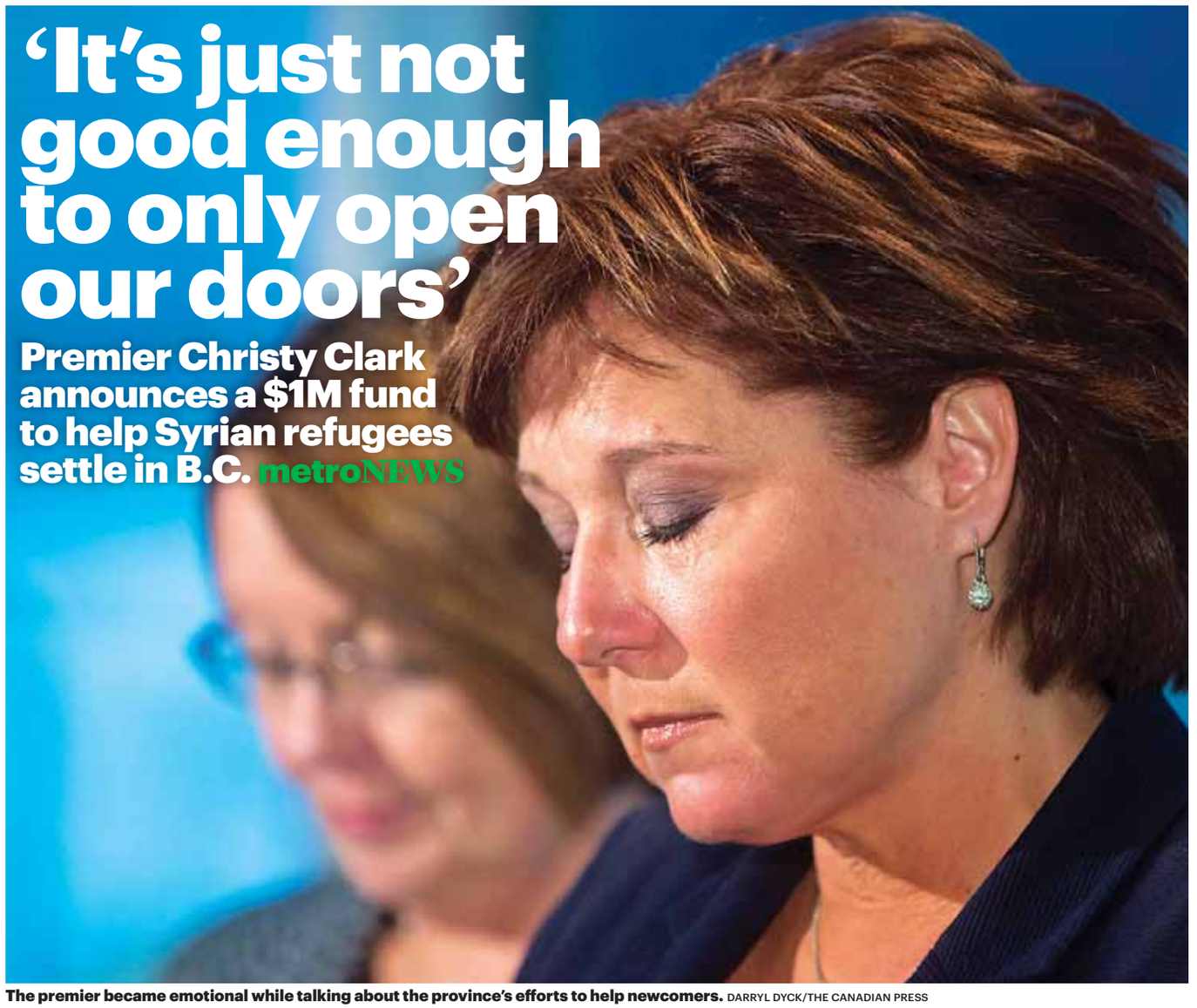
The fair's final attendance was 678,193, about 82,000 less than the 10-year average of 760,000. During the six days of wet and windy weather, attendance dropped dramatically compared to the 10-year average.

On Aug. 29, the same day the windstorm hit, 33,707 people visited, compared to the 10-year average of 52,000. Attendance largely rebounded on the final four days. On the final day, organizers also offered free attendance in a bid to boost numbers.

Ballance said organizers will look at ideas for improvement, including possibly changing the fair's dates in the future. "No idea is off the table," she said.

'It's just not good enough to only open our doors'

Premier Christy Clark announces a $1M fund to help Syrian refugees settle in B.C. metroNEWS



The premier became emotional while talking about the province's efforts to help newcomers. DARRYL DYCK/THE CANADIAN PRESS

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‘We are devastated and we feel betrayed’

CRIME

Accused in killing of teen often guests in victim’s home

Thandi Fletcher
Metro | Vancouver

The father of a Langley teen whose body has now been found says the three men charged with first-degree murder in connection with the death were friends of his son.

Nicholas Hannon, 19, was last seen Feb. 26, 2014, by his younger brother. A day later, his vehicle was found abandoned at the end of McKinnon Crescent in Langley and a missing-persons investigation was launched.

After a 19-month investigation, BC RCMP’s Integrated Homicide Investigation Team announced Tuesday that three men had been arrested in connection with Hannon’s death.

Bradley Michael Flaherty, 20, Keith William Tankard, 20, and Connor Angus Campbell, 21, have all been charged with first-degree murder. They were scheduled to appear in Surrey Provincial Court on Tuesday.

Hannon’s body was found in a heavily wooded area in Morris Valley in the Mission area. An autopsy is scheduled for later this week.

Craig Hannon told reporters at an emotional news conference Tuesday that his family had welcomed the three men, who he considered to be his son’s friends, into their home on many occasions.

“Until this weekend, my family maintained a glimmer of hope that, just maybe, Nick would come barging through the front door and shout, ‘I’m home,’” he said. “Now we know that will never happen. Nick is gone forever. We are devastated and we feel betrayed.”

Craig described his son as a wonderful, loving boy who adored his family, especially his niece. He described how his son would laughingly piggyback her throughout the house.

“He had a smile that would light up a room. Now the room won’t be so bright,” he said. “Never again will I be able to hug him and say, ‘I love you, buddy.’”

On Tuesday, Staff Sgt. Jennifer Pound confirmed investigators believe Hannon was, at one point, acquaintances or friends with the three suspects. She could not provide further details as the case is now before the courts.

“We believe this was a result of conflict which turned violent and ultimately deadly,” she said.

Nicholas Hannon was last seen in February 2014. On Tuesday, homicide police announced that three men have been charged with first-degree murder in his death. COURTESY IHIT

STANLEY PARK

Suspect in attempted snatchings charged

A 28-year-old man has been charged with two counts of assault and one count of forcible confinement following the recent alleged attempted abductions of two children near Stanley Park.

Nathaniel David Jessup remains in police custody after his arrest Sunday, according to Vancouver police.

Police allege the suspect, who has no fixed address, attempted to abduct two children near Stanley Park in separate incidents over the weekend.

On Sunday afternoon, a family walking in Stanley Park’s Lost Lagoon area reported that a man approached and grabbed their two-year-old daughter. The girl’s father confronted the suspect, who then ran away, police said.

Police said the man was later arrested in the 1800-block of Alberni Street.

The incident came just two days after the man allegedly tried to grab an eight-year-old girl on the north foot of Denman Street.

Police are not providing more details as the case is now before the courts. THANDI FLETCHER/METRO

Surveillance footage of the suspect. CONTRIBUTED

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DEBT

Canadians not saving enough: Survey

Half of British Columbians say they are living paycheque to paycheque, three quarters say they have not saved up enough money to retire, and almost a quarter say they plan to work four years longer than planned as a result.

Those are just some of the findings from an annual survey of working Canadians conducted by the Canadian Payroll Association, which paints a poor picture of Canadians' ability to save money.

Part of the problem is the high level of household debt, especially mortgages, credit-card debt and lines of credit.

"The bottom line is that employees need to earn more and save more," said Sandra Morrison, a director with the Canadian Payroll Association. "They're just not saving enough for their retirement. Most of their paycheque is going to their debt load."

About 36 per cent of Canadians say they feel "overwhelmed" by debt, and that number goes up to 42 per cent in B.C., which was the highest in Canada along with Ontario.

The survey suggests the number of Canadians trying to save money has increased over the past three years, from 66 per cent to 71, but those reporting success with saving has declined.

The survey found that British Columbians performed poorly in other ways when compared to other provinces. Morrison said 29 per cent "report that they could not come up with $2,000 if an emergency came up," noting that most people can achieve that by saving about 10 per cent of their income.

As the federal election continues, Morrison says, federal parties who want to improve the retirement-savings situation should look at ways to make the Pension Plan more robust.

LIAM BRITTEN/FOR METRO

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Chief Liz Logan holds a medal given to her great-grandfather who signed Treaty 8, which guaranteed Ottawa wouldn't interfere with First Nations' way of life. LIAM BRITTEN/FOR METRO

Chiefs seek meaningful discussion

ABORIGINAL ISSUES

'Northern alliance' offers criticism over resource plans

Liam Britten
For Metro | Vancouver

Several First Nations chiefs from northern B.C. announced on Tuesday that they're tired of meaningless consultation when it comes to resource development and are banding together to make their voices heard.

The assembled chiefs, representing seven First Nations from northern B.C., say that the go-ahead given to projects like the Site C Dam and the Lelu Island LNG facility shows that the current consultation process is broken.

Chief Liz Logan of the Fort Nelson First Nation read from a prepared statement from the group, saying that the province is ignoring key legal victories and that constantly fighting the province in court is a drain on their human and financial resources.

"A more civil, legally consistent and logical approach to major project development that recognizes our laws and legal orders and addresses the failures is needed," she said.

"Such an approach would begin real and measurable progress towards reconciliation."

The assembled chiefs took the province to task for ignoring "cumulative impacts" of multiple development projects in the same area over time, which they say are affecting their traditional ways of life.

They also criticized the environmental-review processes of both the federal and provincial governments, especially when it came to the Lelu Island project.

The formation of this "northern alliance," as one speaker called it, comes the day before Premier Christy Clark and her cabinet are to meet with more than 500 First Nations leaders to discuss last year's Tsilhqot'in ruling and establish a framework for reconciliation.

At a different event in Vancouver, Christy Clark responded to the northern leaders and said her government had a new commitment to meaningful consultation.

> **We haven't done a great job of sharing ... with First Nations fairly.**
> Premier Christy Clark

"We're the only place in the country I think that has an annual meeting with all of the chiefs in the province," she said. "I think British Columbia has done a great job of extracting resources over the past couple hundred years; we haven't done a great job of sharing that with First Nations fairly and we want to address that."

Clark pledges $1M aid

British Columbia will set aside $1 million to help support Syrian refugees who manage to make their way to the province, Premier Christy Clark announced at a news conference Tuesday.

While the province doesn't have any say over how many refugees it can accept, Clark said it will be ready to help with services such as trauma counselling, language skills and job placements should the federal government accept more people.

"It's just not good enough to only open our doors, we have to make sure that when refugees get there we're doing everything we can to help them achieve the Canadian dream and find their home as seamlessly as possible into British Columbia society," Clark said.

The fund, which will be distributed through community groups and churches, was created after the outpouring of support for Syrian refugees in response to the photograph of three-year-old Alan Kurdi's body washed ashore a Turkish beach.

His death brought the ongoing crisis home for British Columbians since the little boy's family was trying to find a way to B.C., Clark said, tearing up as she spoke of his tiny figure on the sand.

Clark didn't wade into the political debate over how many refugees the federal government should accept, but argued all provinces should have the same power as Quebec to determine how many refugees they can take in.

Last year B.C. welcomed about 36,000 immigrants, including 1,528 refugees.

The province has set up a toll free number to help people navigate the bureaucracy around sponsoring refugees. Anyone who wants to learn more can call 1-877-952-6914.

EMILY JACKSON/METRO

Hundreds attend forum on how to help refugees

metro The Syrian Crisis
Canadians Rally

Vancouverites flood city hall with calls

Emily Jackson
Metro | Vancouver

Vancouverites, many of whom felt helpless when they saw the photograph of a lifeless Syrian toddler last week, flocked to city hall on Tuesday night for a forum on how they can help prevent others from the same fate as three-year-old Alan Kurdi.

More than 300 people packed two rooms at city hall for the standing room only event, hastily organized over the weekend after city hall was flooded with calls from people asking how they can help with the Syrian refugee crisis.

Mayor Gregor Robertson, who acknowledged the city takes a supporting role to help refugees, got loud applause for calling on the federal government to increase the number of refugees it accepts to 20,000 a year by 2020.

"Judging from all of you here tonight, I think it's an important step," he said, adding the city will look at increasing support to refugee services.

Immigrant Services Society of B.C. director Chris Friesen and MOSAIC director Eyob Naizghi outlined the refugee crisis, noting that it's worldwide and not just in Syria.

The photograph of the little boy has resulted in an outpouring of compassion and humanity from citizens and some political leaders, which is encouraging, said Naizghi, who was a refugee in his 20s.

"The photo, maybe in a strange sort of way, and this groundswell of support, provides homage to this little boy and inspires all of us to do more for refugees so maybe his death wasn't in vain," Friesen said.

Top ways to help

Friesen listed the top ways people can help. First, he suggests donating to organizations already on the front lines such as the UN Refugee Agency.

Second, he recommended donating to local, experienced organizations and existing sponsorship agreement holders to offer help with fundraising and volunteering.

While he said there has been immense interest in sponsoring refugees, he cautioned people about the complexities of filing an application without being fully prepared for the challenges.

"My fear, and not wanting to put a wet blanket on the enthusiasm of British Columbians, is that refugee sponsorship is both complex and time consuming," Friesen told Metro.

It costs between $25,000 and $35,000 to sponsor a family of four or five, he said, not including hidden health care costs and plane tickets. It can take up to two years to bring a family to Canada.

WITH FILES FROM THANDI FLETCHER

Eyob Naizghi of MOSAIC, left, speaks to a full house at Vancouver city hall on Tuesday night with Mayor Gregor Robertson and Chris Friesen of the Immigrant Services Society of B.C. Friesen suggested donating to organizations already on the front lines, such as the UN Refugee Agency. EMILY JACKSON/METRO

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Geese defiling monuments

THORNTON PARK

Commissioner seeks action to protect tribute to slain women

Emily Jackson
Metro | Vancouver

Vancouver's park board is considering action to deal with a flock of geese that is desecrating a monument honouring murdered girls and women around the world.

Two years ago, the geese moved to the grass by the monument at Thornton Park when their previous home near the Vancouver Pacific Central Station was developed into a parking lot.

Ever since, they've been defecating on the 14 granite benches bearing the names of the 14 women massacred at Montreal's École Polytechnique in 1989. The benches are also engraved with a message in seven languages to murdered girls and women.

It's especially alarming to see the excrement atop the benches in an indent designed to be a "pool of tears," said Elinor Warkentin, a volunteer on the Women's Monument Committee, on Tuesday.

"It's become really, really horrible," Warkentin said, adding that some people feed the geese, so seagulls have also started frequenting the area.

"It might seem silly to think, 'What does goose poop have to do with violence against women?' but the space is public art. It's a space to come together to mourn, to act," she said. "We want it to be a healthy, welcoming, useable space."

Until recently, the committee hasn't been able to convince the park board to do anything because Canada geese fall under federal jurisdiction.

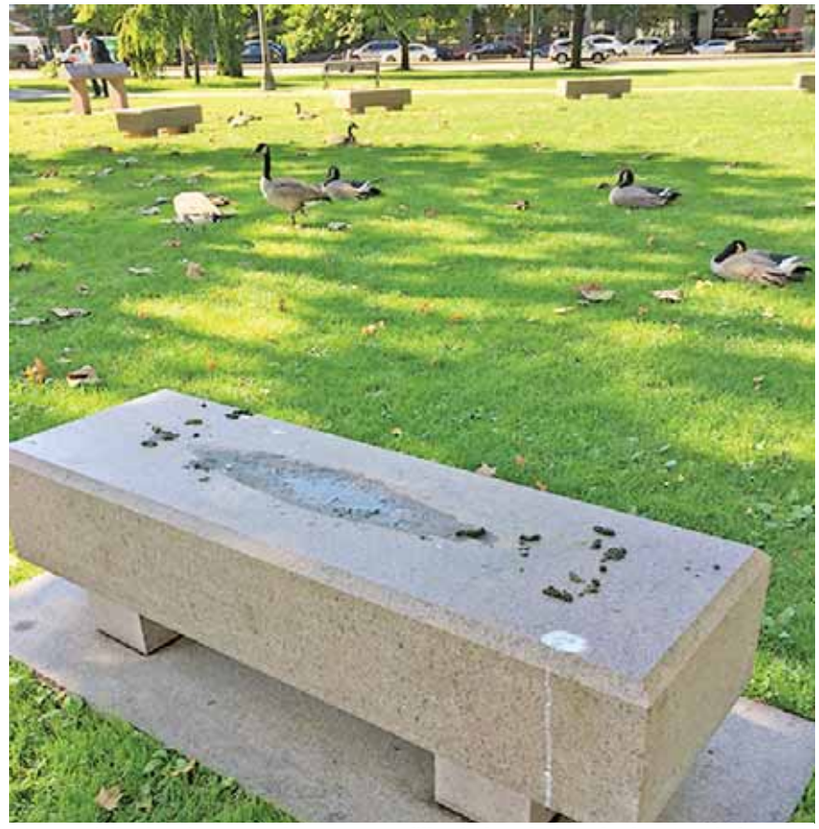
Green Party commissioner Stuart Mackinnon, however, has taken up the cause and will present a motion at next Monday's meeting.

Apparently it's hard to convince the federal government to move geese without extensive documentation on attempts to remove them, Mackinnon said. The City of Victoria, for example, uses dogs to chase geese away.

The park board has cleaned up the monument before, but his motion will ask staff to develop a permanent solution.

"This is not the only place in the city where we have issues with flocks of geese, but this is a very special place," said Mackinnon, who was a student at Montreal's Concordia University at the time of the massacre. "We would like to have that area remain respectful and open to the public at all times."

In an email, director of parks Bill Harding said crews will clean the benches every two weeks until, or if, the geese migrate. They will look at long-term solutions if directed by the board.



It's especially alarming to see the excrement fill an indent designed to be a "pool of tears," says a committee volunteer. COURTESY THE WOMEN'S MONUMENT COMMITTEE

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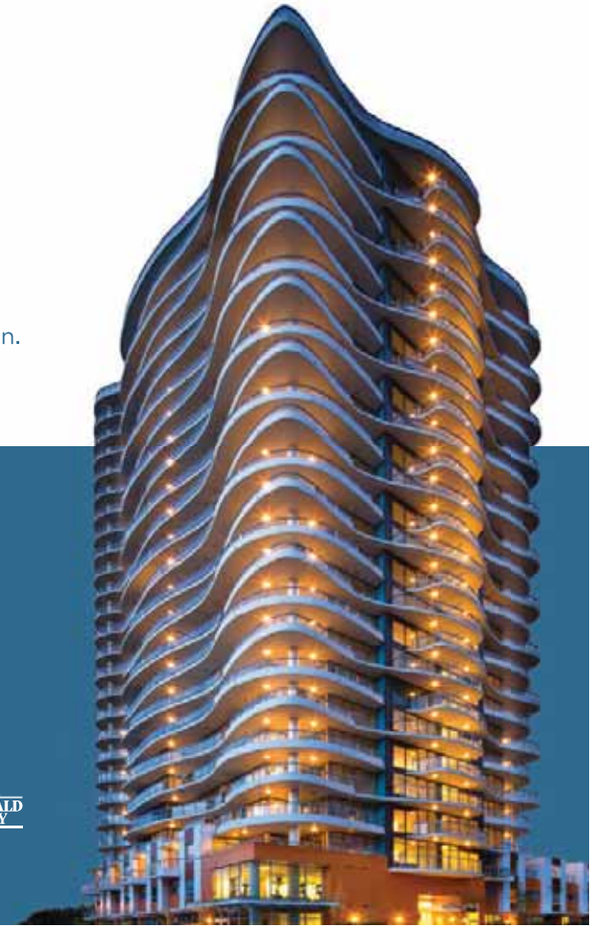

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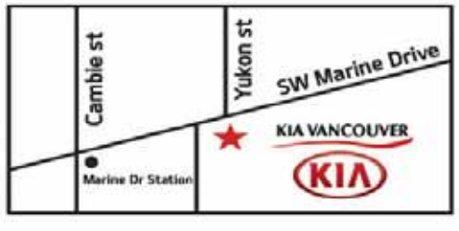

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Mom, baby orca thriving

CONSERVATION

Experts say killer whale population is rebounding

Scientists say a fifth baby has joined an endangered population of killer whales off British Columbia's coast.

The newest calf in the L pod was spotted frolicking with its mother Sunday near Sooke.

The Washington state-based Center for Whale Research said the baby dubbed L122 is the newest member of the pod since last December.

It said the calf was photographed from a research vessel and measured using a drone that was already doing work in the area on southern resident killer whales.

"It's good news all around," said Ken Balcolmb, a senior scientist at the center. "We're happy to see that they still can produce babies. One of the real concerns was toxins in their bodies causing them reproductive failure."

A new whale calf named L122, is seen near Sooke, B.C. COURTESY CENTER FOR WHALE RESEARCH

He said that although many toxins, such as PCBs, were banned in the 1970s, they still accumulated in the ecosystem and the whales' food supply.

The southern residents, which ply the waters off B.C. and Washington state, are made up of three pods — J, K and L — and now number 81, Balcomb said Monday.

The newest calf's mother, named L91, was seen swimming alone last Thursday, he said, adding the baby's appearance is providing clues about when it was born.

"You can still see the folds on the baby, where it was folded up in the uterus. Usually within a week that clears up and the fin gets folded over, and usually within a day it straightens out. Well, this one's already straightened out so it's probably at least a day old, but probably not more than two days old."

> **We're happy to see that they still can produce babies.**
> Ken Balcolm, scientist at Center for Whale Research

Only 35 of the 122 orcas born in L pod in the last 40 years are still alive, Balcomb said.

However, he said 81 southern resident whales is still considered a healthy population compared to the mid-1970s, when the animals were captured for marine parks such as Sea World.

"The captures were stopped in 1976, and immediately after that we had a baby boom of nine babies, and they survived. So the population can recover from the low numbers."

Lack of food, particularly salmon, is a concern as recovery efforts continue, Balcomb said.

"We just have to get more salmon for fishermen and for whales. And these whales will recover if we provide food for them. If we don't, they won't."

THE CANADIAN PRESS

IN BRIEF

B.C. boater, hiker dead in separate incidents

A 67-year-old man who died in a boating accident has been named. Steven Munro's body was found floating in a channel near the Squamish Yacht Club.

The coroners service also named 26-year-old Burnaby resident Jason George as a hiker who died near Harrison Hot Springs. He was hiking in the area with friends when he climbed a cliff to get a better view of Rainbow Falls, and fell.

THE CANADIAN PRESS

Surrey RCMP ask for help finding sex predator

Stephen Thomas Morse, 42, of Langley has now been charged with aggravated sexual assault and five other crimes after a 70-year-old Surrey senior was sexually assaulted in her own home. Police would like to speak with anyone who may have seen Morse or known his whereabouts. Anyone with more information is asked to contact the Surrey RCMP or Crime Stoppers. METRO

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Yes to deficit plan: Poll

ELECTION 2015

Grits only party to prioritize spending in a recession

Justin Trudeau may have taken a gamble when he announced the Liberals would run deficits if they form the next government. But it's a gamble that could well pay off, if the results of a new poll are any indication.

A poll conducted by Forum Research last week found that only a minority of voters believe the government should focus on balancing the books during a slow economy.

With the Canadian economy sliding into a recession during first half of 2015, the Conservatives and NDP have both made balancing the budget the cornerstone of their economic plans.

But last month Trudeau struck out on his own and said a Liberal government would run modest deficits until 2019. While dipping into the red, the Liberals would spend an additional $60 billion over 10 years on infrastructure projects, which the party believes would stimulate the economy.

Justin Trudeau greets supporters during an event in Amherst, N.S., on Tuesday. The Liberals have pledged to spend an additional $60 billion over 10 years on infrastructure projects.
JONATHAN HAYWARD/THE CANADIAN PRESS

That platform move could be good news for Trudeau.

Just 18 per cent agreed that the government's best strategy during tough economic times is to "impose austerity and cut spending to eliminate deficits." But nearly half — or 45 per cent — agreed that it's better to invest in infrastructure.

And 44 per cent approved of Trudeau's plan to run deficits for three years after the election, while 38 per cent disapproved.

By being the only main federal party to prioritize spending over balancing the books, the Liberals may have staked out fertile territory, said Forum president Lorne Bozinoff, adding "they have it to themselves."

> **"I think they've scored a win in this round on this economic argument.**
> Lorne Bozinoff, Forum president

"They need to deal with other issues that may be holding them back, like the perceived lack of experience of Justin Trudeau," Bozinoff said. "But I think they've scored a win in this round on this economic argument."

The Forum poll was conducted using an interactive voice response telephone survey of 1,384 Canadians. It was conducted from Aug. 30 to Sept. 1, and is considered accurate plus or minus three percentage points, 19 times out of 20.

TORSTAR NEWS SERVICE

CAMPAIGN

Leaders face coalition question

Polls suggesting a tight, three-way race among the main federal parties forced their leaders Tuesday to confront scenarios around a possible minority government.

Harper, campaigning in Mississauga, Ont., held firm to his anti-coalition stance, saying it was the right of the party winning the most seats to form a government. Campaigning in Nova Scotia and New Brunswick, Trudeau said Canadians don't want a coalition if a party wins a minority government, but reiterated his party's willingness to co-operate with other parties to pass legislation.

Mulcair sidestepped questions about a coalition in Montreal. "We, of course, have raised that issue any number of times. In 2008, we went so far as to write a formal coalition agreement with the Liberals," Mulcair said. "But as you know, they turned up their nose on their own signature and seven years later Stephen Harper is still there."

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MILITARY

Russia reacts to Bulgaria ban

Russia on Tuesday lashed out at Bulgaria over its refusal to allow Russian cargo planes bound for Syria to fly over its territory, saying the move has cast doubts on the nation's independence.

The angry statement comes amid signs of a Russian military build-up in Syria that has raised U.S. concerns. Russian Deputy Foreign Minister Mikhail Bogdanov alleged that Bulgaria and Greece are facing pressure from Washington.

Bulgaria's Foreign Ministry earlier said the country is refusing to allow Russian military transport aircraft to fly through its airspace en route to Syria from Sept. 1-24. It said without elaboration that the reason for the refusal was "incorrect information" about the purpose of the flights and the cargo.

On Monday, Greek Foreign Ministry spokesman Constantinos Koutras said the U.S. has asked Greece to cancel overflight permission for flights headed to Syria. He said Athens is examining the request.

"If they make some restrictive or banning measures at American request, that raises a question about their sovereign right to make decisions about foreign planes crossing its airspace," Bogdanov said, according to the Interfax news agency. "If our Greek and Bulgarian partners have any doubts, they must explain what's the problem."

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A woman arrives on a dinghy after crossing from Turkey to Lesbos island, Greece, Tuesday. The island has been transformed by some 20,000 refugees, mostly from Syria, Iraq and Afghanistan. PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

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Refugees land with EU in mind

SYRIA CRISIS

Hungary speeds up work on fence to block them

Hungarian authorities on Tuesday began busing weary migrants and refugees to a nearby registration centre, defusing some tensions at Hungary's southern border with Serbia. But the human tide hardly ebbed, with a steady stream of people seen trying to approach Hungary, their gateway into the European Union.

Hungary has made frantic and confused efforts to control the huge number of migrants transiting the country as they try to reach Germany, leaving many trapped for days outside the border village of Roszke and furious at their treatment by Hungarian authorities. On Tuesday, Prime Minister Viktor Orban announced fresh efforts to complete a fence to keep the refugees out.

The UN refugee agency, meanwhile, said it is concerned about the lack of proper reception facilities in the border area and that humanitarian aid needs to be stepped up there.

Babar Baloch said Tuesday that "the border police are not trained to deal with the refugees."

"When people come in you need to receive them properly. There are women and children and they are just kept in the open. Temperatures are going down as well so we need to have a system where these people receive proper care," he said.

Earlier in the day, refugees anxious to pass through Hungary who were frustrated at being trapped behind a police line began pushing and police shoved back. One man was hurt in a stampede.

"We've been here for two days and the Hungarian government only brings one bus?" said a Syrian man, who gave only his first name, Ali. "We're asking to go back to Serbia and they are not giving us this right. We're asking to go to Budapest and they are not giving us this right. Why? Why?"

Despite the efforts of volunteers offering water and some clothes, there were few amenities at the border. The area was strewn with garbage and more people could be seen walking along railroad tracks in Serbia on their way to Hungary. Many slept outdoors in a field during a cold night. THE ASSOCIATED PRESS

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Despite the announcement, Canada's major ride-share service maintains its current insurance policies are adequate, offering $5 million in commercial automobile coverage on the uberX platform. TORSTAR NEWS SERVICE FILE

Uber, Intact team to insure drivers

ON-DEMAND ECONOMY

Partnership aims to cover the sharing economy

One of Canada's largest auto insurance providers is teaming with Uber to create products tailored for the ride-hailing service, after concerns emerged that some insurance policies may not cover drivers using their personal vehicles for commercial gain.

Intact Financial Corp. said it is also working with insurance regulators and various levels of government in provinces where Uber is available to ensure the products that it develops are in line with regulations.

The insurer said it was too early to provide details about the products, which it plans to market under the Intact and Belairdirect brands.

"With the growing popularity of the sharing and on-demand economy, we are adapting our product range to offer innovative solutions to meet the changing needs of consumers," Louis Gagnon, president of service and distribution at Intact Financial Corp., said in a statement.

Questions began swirling around Uber's insurance policies after the Alberta government said in July that it had determined the policies do not meet the requirements of the province's Insurance Act.

Uber Canada has argued that its insurance policies are adequate. A spokeswoman for the company said in July that every ride on the uberX platform is backed by $5 million of commercial auto insurance, which covers both bodily injuries and property damage stemming from a crash.

"The bottom line is this: every ride on Uber is insured," spokeswoman Susie Heath said in an email at the time.

However, the Insurance Bureau of Canada has recommended that drivers who work for Uber call their insurance providers to verify that their vehicles are insured for commercial use.

THE CANADIAN PRESS

market minute

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IN BRIEF

Investors not worried about market volatility: CIBC

So who is panicking amid the current volatility on global equity markets? Apparently not most Canadian retail investors, according to a new CIBC survey. CIBC says the survey, conducted Aug. 31 and Sept. 1, found 85 per cent of Canadian investors polled didn't panic during the dramatic ups and downs. The online poll was conducted among 1,504 randomly selected Canadian adults who are Angus Reid panellists.

THE CANADIAN PRESS

GENDER INEQUALITY

UN agency fights for global wage parity

A UN agency is mounting a worldwide campaign for equal pay for women, who get 24 per cent less than men on global average and around 30 per cent less for those in Asia.

Recent estimates by the International Labor Organization indicates gender inequality in employment across Asia alone is costing $45 billion a year, with 45 per cent of working-age women outside the labour force compared to 19 per cent for men, the leader of the UN Women agency, Phumzile Mlambo-Ngcuka, told a forum at the Asian Development Bank headquarters.

"We are definitely going to go on a major campaign on equal pay — this is one of the issues we are putting to heads of state, we are also putting that to private sector," she said. "The issue of equal pay is paramount because we have to win some battles in order for women to be in a position to believe that we're making progress."

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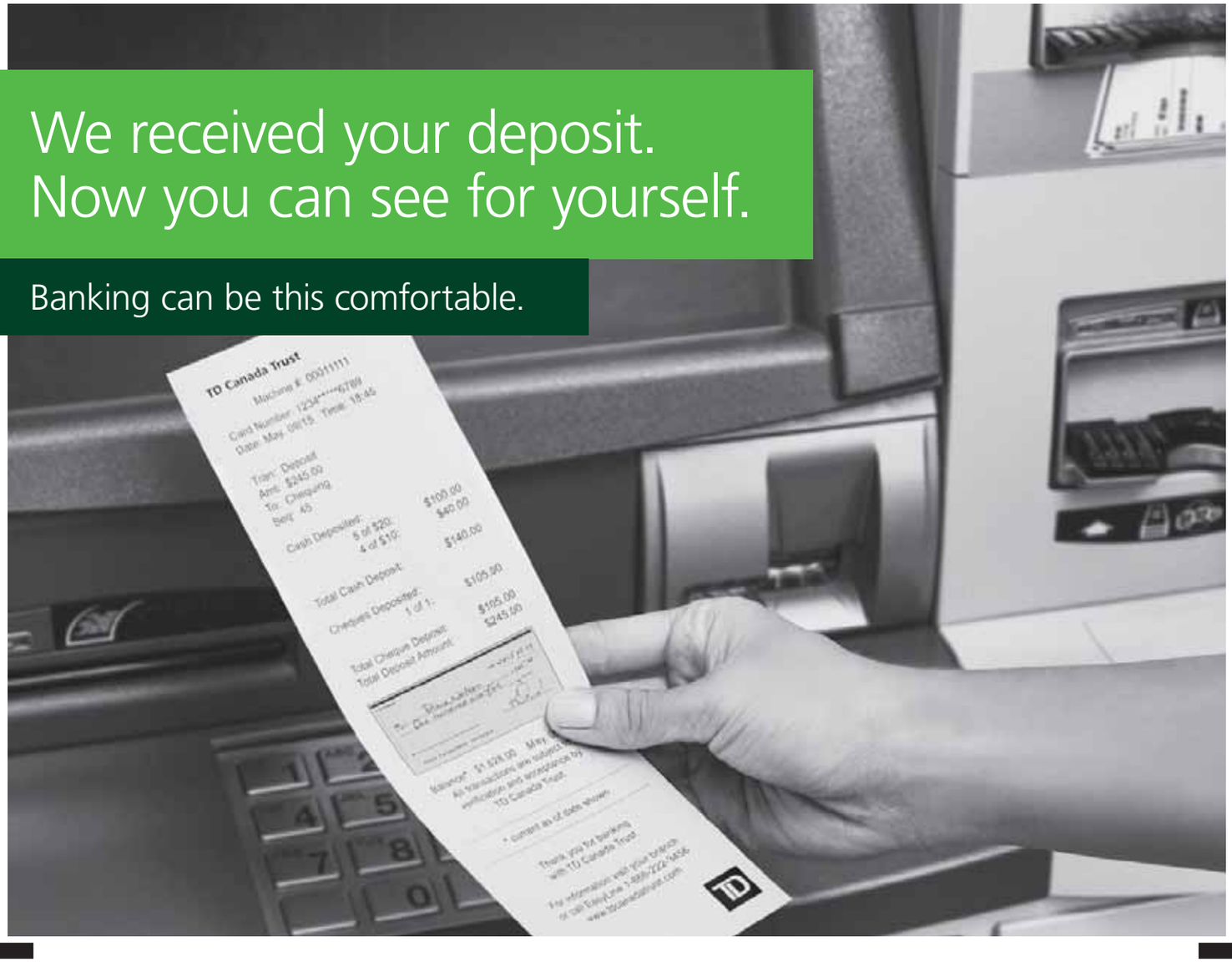

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metro VIEWS
Your essential daily news
Wednesday, September 9, 2015

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I've been away at school for four days. Already my mom and aunt have left me like 10 messages. My plan is pay-as-you-go. Is it rude to have your voice mail tell people not to leave long messages, or not to leave a message at all?

Dear Ellen,

I just left home for the first time to go to school, and part of the deal is I have to pay for my own cellphone with a part-time job, which is fine — I'm happy to be independent but I've only been away four days and already my mom and my aunt have left like 10 voice messages and my cellphone plan is pay-as-you-go but I feel like I'm paying just to hear their messages and return their calls which I think is unfair but is it rude to have your phone message tell people not to leave long messages or not to leave a message at all cuz obviously I can see that they called?

Adele in Ottawa

Dear Adele,

Wow, I don't know where to begin — with your predilection for unpunctuated, run-on sentences or your mother's predilection for helicopter parenting. And what's with the aunt? You don't sound like a person who needs this much supervision. You're attending post-secondary school and paying your own cellphone bills. Kudos! (That's not a misspelled endorsement, though I hear they're not bad). And you are obviously a polite and considerate person, if you are taking the time to inquire about the proper treatment of adults who are persecuting you with their overly controlling concerns though to be fair I suppose we have to credit mom and the aunt for instilling that politeness in you in the first place oh no now you've got me doing the run-on sentence thing it's like a deadly spiral in whose grip I'm mindlessly mixing metaphors and losing all sense of punctuation must hit return key NOW—

The helicopter parent will always tell you to be honest and stand up for yourself, not to be afraid to set boundaries, etc. But they don't believe you should follow this advice toward them.

OK. Adele. There is nothing rude about an outgoing message that asks callers to text rather than leave a voice mail. In fact, by tacitly reminding callers that you can glance at a text message in a nanosecond and respond in another nanosecond without having to dial into your voice mail, wait for all the prompts and listen to someone laboriously state the obvious (i.e., they just called you and they want you to call them back), you'd be doing your contacts the courtesy of telling them how best to reach you. Of course, most people under the age of 40 will already know not to leave a voice-mail message, so clearly you'd be targeting certain female relatives, who I'm assuming are over the age of 40. But they likely won't realize the message is meant specifically for them, so it's OK.

Having said that, I think we both know it won't work. Helicopter parents — and their loyal sidekicks, helicopter aunts — will always tell you to be honest and stand up for yourself, not to be afraid to set boundaries, etc. But they don't actually believe you should follow this advice toward *them*.

The important thing is they raised a good kid in you, and they can't help who they are. Helicoptering is more addictive than meth, and they're going through agonizing withdrawal right now. They can't think straight.

So be kind. Calm them down by calling them unbidden once in a while. Commit to a VoIP call at least once a week.

And try to use more punctuation.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Now I'm engaged, and I find loneliness has gone nowhere

In May, Briony Smith wrote an article for Chatelaine about the loneliness of the single life.

When I read it, I thought: "I could have written that, or something like that, only a year ago." During a six-year stretch of singledom, I'd done my best to define myself in the world on my own terms, as a lone woman, only to continually face the fact that deeper happiness, on my terms, required love.

Even when I have a husband, a dog and some kids, loneliness will come stand quietly behind me and blow at my neck: Remember me?

But now I'm engaged, and I find loneliness has gone nowhere. It still wafts into the day like a cold draft, startling me.

The man I'm going to marry lives in the U.S., and the comfort of his love doesn't mute the echo of a day spent alone. It doesn't sweep away the extra space that I feel all around me, in a busy park on a hot day, eating watermelon on a blanket, by myself.

I started to wonder if I'd always felt alone — and yes, I have. As a child, as a teenager, off-kilter among friends, as if we were looking in the same direction and seeing different things.

Loneliness sat beside me before the fireplace in my family home and hung around the studio apartment I moved into, like faint dust in the air. It seemed present in every stone cranny of expansive London and grew bolder in Colombia, a three-month blip of learning, alienation and regret. It blossomed back in small Victoria when I had no job or prospect of one. It tagged along to Toronto and has come and gone like sun behind clouds.

I am beginning to believe I should be getting used to it. That even when I have a husband, a dog and some kids, loneliness will come stand quietly behind me and blow at my neck: Remember me?

In recent years, both the Guardian and Globe and Mail have warned of a loneliness crisis. A New York-based writer is publishing a book on the emotion next year. But if loneliness is pervasive, that is not new. If this is the Lonesome Valley, it's been that way, probably, forever.

And isn't that the ultimate relief? As a woman said to me last week: you're never the only one. Even if you are walking by yourself.

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PHILOSOPHER CAT
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metro LIFE

Your essential daily news

Sam Smith surfaces as singer of theme song for new James Bond film Spectre

5 DAYS OF SANDWICHES

Back to school? More like back to packed lunches! Have no fear, Ricardo magazine has done all the work so you don't have to. Here's a week's worth of inspiration for that perennial midday meal. Find a month's worth of sandwiches and detailed recipes at ricardocuisine.com/lunches. **PHOTOS AND TEXT COURTESY RICARDO MAGAZINE**

Chicken, grape and nut

A wink at Waldorf salad, this lunchtime delight takes a chicken salad mix — diced cooked chicken, finely chopped green onions, Greek yogurt, mayo, salt and pepper — and adds some quartered red seedless grapes, chopped toasted pecans and whole-grain mustard. Stuffed into a ciabatta roll, it's simply magnificent.

Crunchy vegetable and veggie pâté

This is the perfect choice when you're craving that fresh-veggie crunch. Thinly slice some English cucumber, radishes and celery. Combine and season. Spread mayo on two slices of country bread. On the bottom piece, layer slices of our Veggie Pâté (see ricardocuisine.com for the recipe). Pile on the vegetables, then close with the top slice.

Cold pork roast

Mix mayo, whole-grain mustard and chopped chives together. Spread on toasted slices of country bread, and layer lettuce and thin slices of cold roast pork (find our mouth-watering recipe at ricardocuisine.com).

Chicken and wild rice salad

This recipe is all about texture. Cook some wild rice in salted water for about 50 minutes or until tender. Add chopped dried cranberries and cook for another 5 minutes. Drain and rinse under cold water. Combine with cooked diced chicken, sour cream, mayo and chopped chives, then stuff into pita bread with some lettuce leaves.

Nordic shrimp

Combine cooked Nordic shrimp, cubed green apple, sliced green onion, chopped fresh tarragon, mayo, salt and pepper in a bowl. Cut a fresh, buttery croissant in half and place a lettuce leaf inside. Pile on the delicious shrimp salad and close the croissant.

COUNTRY-WIDE CELEBRATION

Garlic festival reveals tart bulb's unexpected sweet side

Garlic-infused festival treats include butter tarts, chocolate ice cream and macarons. GEORGES GOBET/AFP/GETTY IMAGES

Lovers of the "stinking rose" will have plenty of opportunities to sample its pungent delights during festivals devoted to garlic.

Visitors may be surprised to learn there are dozens of strains of garlic and that the cloves can be used in both savoury and sweet dishes.

Twenty chefs will be on hand at the fifth Toronto Garlic Festival on Sept. 20 to concoct such dishes as savoury garlic ribs and roasted corn with garlic butter.

"We also have some more things that will challenge the palate," says festival founder Peter McClusky.

"For example, we do garlic and dessert items. People are always surprised by this and raise an eyebrow. They're always happily surprised when they taste it."

A chocolatier is creating a dark chocolate truffle with black garlic.

"Black garlic is fermented garlic. It has kind of a tarry texture. It's got a flavour like licorice or coffee, chocolate, very dark deep flavour," says McClusky, who grows eight strains of garlic on a farm east of Guelph, Ont.

Caramelization occurs when garlic is roasted, releasing its sweeter, more mellow elements.

Other sweets include macarons with roasted garlic, toasted homemade marshmallows with black garlic, roasted garlic chocolate ice cream — which always sells out, McClusky notes — and black garlic butter tarts.

Other celebrations of garlic include the Verona, Ont., festival (Sept. 13), the Hills Garlic Festival in New Denver, B.C. (Sept. 13), the Stratford Kiwanis Garlic Festival, (Sept. 12-13), and Andrew, Alta.'s, annual festival on Thanksgiving weekend.

THE CANADIAN PRESS

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LIQUID ASSETS

It's OK to drink white after Labour Day

Peter Rockwell
For Metro Canada

With summer drawing to a close, many of you are probably packing away your white pants and, unfortunately, slowing down your white wine intake.

I'm not sure who came up with the old wives' tale that white wine consumption is exclusively a warm weather thing.

Though some reds can come across bland at best and flabby at worst when sipped in the heat, the refreshing flavours of whites are a joy no matter what the weather outside.

White blends (those made from a multitude of grape varieties) have been on trend of late thanks to their layers of complexity that keep on giving to the last drop.

California's Conundrum ($22.79-$26.79) is the granddaddy of New World white blends.

First released in 1989, it's a secret combination of at least five grapes.

The 2013 vintage is a feast of floral aromas and ripe, orchard fruit that drinks as easily with summer salads and seafood as it will with Christmas dinner.

Prices reflect the range across the country. Some products may not be available in all provinces.

Puffballs are prolific this time of year, but make sure you consult with an expert before foraging. THERESA ALBERT

Putting the fun in fungi

MUSHROOMS

'Tis the season for these tasty treats full of vitamin D

Theresa Albert
For Metro Canada

Foraging for mushrooms is the most dangerous outdoor activity of the season. But I am intrepid and my grandpa was eccentric and showed me how to pick and cook puffballs. Fair warning: this is a tale of courage to not replicate. You should only forage with an experienced guide.

Puffballs grow on the lawns of wide-open spaces. The edible ones are bigger than four inches long and are much heavier than they look. They are smooth skinned and pale brown on the outside but solid, firm marshmallow white through the interior.

Species with gills or tough elephant-like skins are poisonous. The ones I found were just like the ones grandpa showed me. So I did it! I picked and prepared and let my eyes roll back in my head — with the ecstasy of taste, not the disaster of poison.

All mushrooms:

- Contain high amounts of trace minerals
- Contain vitamins D and B
- Contain the beta glucan starch similar to that in oats in that helps manage cholesterol
- Are very porous with high water content and will absorb any flavour you throw at them
- Need to be cooked in a heavy pan on very high heat with ample butter and minimal mushrooms. If they are crowded, they steam to grey mush.

This time of year, farmers' markets are full of species so you won't have to risk your life on the wisdom of gramps.

Theresa is a food and health expert and nutritionist who loves to spread the word on food

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CPS

Tacos, meet seaweed

TEX-MEX

Asian-fusion that packs a crunch

Can you handle just one more Asian-fusion taco?

You're rolling your eyes. But what if it's one that's easy enough and delicious enough to truly be worth making at home?

Truth is, most of the popular Tex-Mex-Asian blends have been produced in food trucks and brick-and-mortar joints that are far flung from most North Americans (because though Los Angeles and New York City hate to admit it, the vast majority of North America doesn't live in either city).

The result is that most folks only get to read about the deliciousness that is Asian flavours packaged in a Tex-Mex-friendly delivery system.

So the goal was to break down those flavours into something easily reproduced at home.

And the end result: beefy seaweed taco with jalapeno-jicama slaw.

Let's start with the beefy. For a bold steaky flavour, go with flank.

But you may want as much Asian savoury goodness as possible, so rather than cook it whole, thinly slice it across the grain, then give it a bath in a blend of fish sauce, soy sauce and toasted sesame oil. It takes just a couple minutes in the pan to give the sear you want.

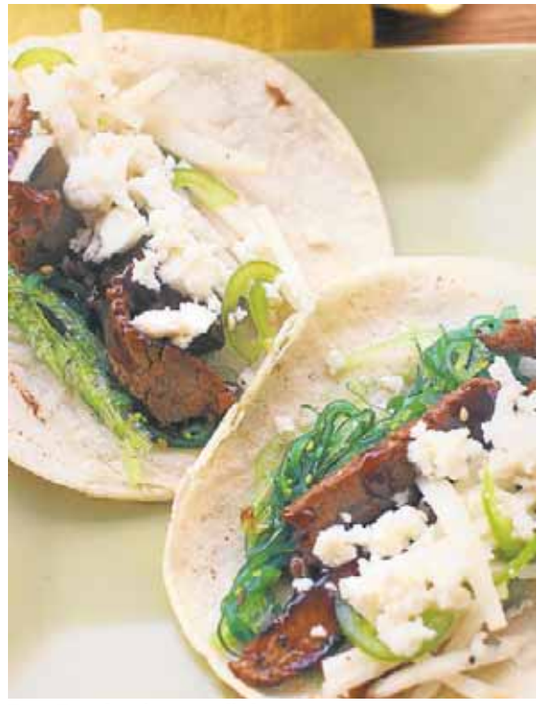
The steak gets piled on top of that ubiquitous green of lower rung sushi joints — seaweed salad.

You know you love it, even if it is dyed fluorescent green.

You'll find it at most Asian markets (and many natural foods grocers sell non-coloured versions).

On top of that goes a quick slaw made from crunchy jicama tossed with citrus juice and jalapenos. THE ASSOCIATED PRESS

"You may want as much Asian savory goodness as possible.



Taco Tuesdays just got a little more awesome. MATTHEW MEAD/THE ASSOCIATED PRESS

RECIPE TRY THIS AT HOME

Beef Seaweed Tacos With Jalapeno-Jicama Slaw

Start to finish: 30 minutes
Servings: 4

Ingredients:

- 3 Tbsp fish sauce
- 3 Tbsp low-sodium soy sauce
- 2 Tbsp sesame oil
- 2 Tbsp sugar
- 1 lb flank steak
- 1 cup jicama, cut into matchsticks
- 1 jalapeno, thinly sliced
- 2 Tbsp orange juice
- 2 Tbsp lime juice
- Kosher salt and ground black pepper
- Eight 6-inch corn tortillas
- 1/2 Tbsp cornstarch
- 1 cup seaweed salad
- 1/2 cup crumbled queso fresco or blanco cheese

Directions

Heat the oven to 200 F.

In a large bowl, whisk together the fish sauce, soy sauce, 1 tablespoon of the sesame oil and the sugar. Slice the steak across the grain into very thin strips, then add to the fish sauce mixture. Toss to coat evenly, then set aside for 10 minutes.

In a medium bowl, toss together the jicama and jalapenos, then add the orange and lime juices. Toss again to coat. Taste, then season with salt and pepper. Set aside.

Stack the tortillas and wrap them in foil. Set the packet in the oven to warm.

In a large skillet over medium-high, heat the remaining 1 tablespoon of sesame oil. Use tongs to remove the meat from the marinade, letting as much liquid as possible drip off back into the bowl and reserving the marinade. Transfer the steak strips to paper towels and lightly pat dry. Add the dried steak strips to the skillet and cook only until just barely seared, about 1 minute.

Whisk the cornstarch into the reserved marinade, then add the mixture to the skillet and cook for another minute.

Remove the warmed tortillas from the oven. Spread a spoonful of the seaweed salad, then top with strips of steak. Top with jicama-jalapeno slaw, then finish with sprinkle of the cheese.

Serve immediately.

FITNESS TREND

Mind over matter challenge

Emily Laurence
Metro | New York

Colour runs are so last year. The latest organized fitness trend is mindful triathlons, which combine running, yoga and mediation. The biggest of them is Wanderlust, which hosted events across Canada this summer.

We called up Wanderlust co-founder and event organizer Sean Hoess to get the details.

A mindful triathlon is more about the mental side of things than the physical challenge. TORSTAR NEWS SERVICE

What exactly is a mindful triathlon?
Most triathlons are about how strong and fit you are. We wanted to create one that was much more about the mental side of things.

How can someone be a mindful runner? Can you listen to music and run while still being mindful?
Yeah, you can. There are a lot of benefits to just synchronizing your breath and calming your mind. You can get into a trance-like state with running. The same goes for dance.

Is there a health benefit to pairing running with yoga?
Definitely. Yoga is an incredible form of exercise. It strengthens muscles and increases flexibility. Running has much more cardiovascular benefits. They are sort of like the other sides of each other.

What can participants expect from the mediation portion of the festival?
First, there's a fun, humorous lecture led by our meditation teacher about the history of meditation, the benefits of it. Then there is 15 minutes of actual meditation.

How fit do people have to be to participate in Wanderlust?
The event is really designed to be achievable even by someone who has never run, practiced yoga or meditated before. The 5K is not a race — it's just about finishing, even if you end up walking. But I won't say it's easy; the combination of all three can be more challenging than people imagine.

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Williams back at pageant

Vanessa Williams was forced to resign as Miss America in 1984 after sexually explicit photos of her surfaced. She's gone on to sell more than seven million records and win a Grammy and Oscar.

ALL PHOTOS GETTY IMAGES/THE ASSOCIATED PRESS

MISS AMERICA

It's been 30 years since she returned her crown

Three decades after she gave up the crown amid a nude photo scandal, Vanessa Williams is returning to the Miss America pageant.

The Miss America Organization, Dick Clark Productions and the ABC television network announced Tuesday they are bringing back the award-winning actress and singer to serve as head judge for the 2016 competition. It begins Tuesday and culminates in the crowning of the next Miss America on Sunday.

Williams, the first African-American Miss America, won the title in 1984 but resigned after Penthouse magazine published sexually explicit photographs of her taken several years earlier.

She went on to have a successful career in film, television, music and Broadway.

Sam Haskell, executive chairman and CEO of the Miss America Organization, said his friendship with Williams pre-dated the turmoil caused by the release of the photos.

"I have been friends with Vanessa for 32 years," he said. "When the photos were published, there were people urging her to fight, but close supporters knew if she lost that fight that she would be completely removed from the history books. Instead of pursuing what would surely have been a long and stressful legal battle, Vanessa decided to resign and focus on her career. Vanessa and her family were hurt during the aftermath of the resignation, and that saddened me."

Haskell has been trying for a decade to bring Williams back to the Miss America stage, but this was the first year the logistics could be arranged.

THE ASSOCIATED PRESS

RESPECT

Franklin doc pulled from TIFF

A contentious Aretha Franklin documentary has been pulled from the lineup at the Toronto International Film Festival.

Festival organizers say they are disappointed that producers decided to withdraw the film.

Last week, a federal judge blocked the Telluride Film Festival from screening the doc without the singer's consent.

Franklin's lawyers argued that director Sydney Pollack said he wouldn't use footage he shot in 1972 for commercial purposes without her agreement. Pollack died of cancer in 2008.

Three screenings were planned for the Toronto film festival, which begins Thursday.

"We are extremely disappointed that Toronto audiences will not be able to see this extraordinary piece of art," says the statement. THE CANADIAN PRESS

THE NEXT STEP

Bradley Cooper's GF introduced to mom

Things seem to be going swimmingly between Bradley Cooper and Irina Shayk, who got to spend a bikini-clad beach visit over Labour Day weekend with Cooper's mother, Gloria Campano, according to Us Weekly. Cooper, Shayk and Campano spent the extended holiday weekend in Atlantic City eating ice cream.

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More ways to get in the new Mini

REVIEW

BMW adds 5-door model but not much more room

Mike Goetz
For Metro Canada

The re-invention of the Mini by BMW has been an overwhelming success. People just love its quirkiness, distinctiveness and Britishness. And all that in a vehicle that just plain works. Fun to drive. Practical for its size. Fuel-efficient. Et cetera.

This third generation of BMW's tiny terror leverages even more BMW technology than the first two gens (it will share its platform and drivetrain with the upcoming BMW 1 Series), and the result is a more competent and refined Mini, with some added room inside.

Our test vehicle was the new 5-door Mini, which, debuted with the new-generation platform, gives you even a bit more room. But the rear doors are tiny, and the rear seating area still feels a bit Hobbit-like, so this Mini has not exactly morphed into a daily people hauler. But its ability to carry more stuff, and to get stuff in with more ease, is duly noted and appreciated.

The Mini has always been more about rewarding the driver anyway, and the theme continues with this 2015 model, with its lighter, stronger and stiffer chassis, and new suspension tricks, like the standard and adjustable drive modes, and the optional adjustable dampers. Even without this new tech, the Mini would still be great to drive — its lowness to the ground, and its low centre of gravity, always contribute to a fast and fun feel at the wheel. Almost 200 hp and a slick-shifting 6-speed manual doesn't hurt either.

A big round speedometer famously dominated the original Mini's instrument panel and "roundness" is still the interior theme of this modern Mini. Everything looks and feels less gimmicky inside compared to the previous Mini, but it still manages to be distinctly different and distinctly Mini. A version of the BMW's iDrive controller resides in the centre console to navigate the infotainment and comfort settings. Our tester had the new eight-inch touch screen, which is bundled with the package that gives you navigation, and allows you to enter characters directly on the screen.

This is a lovable car, but there is no getting around the fact that Mini is expensive for a smallish car. I guess another way of looking at it would be that Mini allows you to go small without giving up brand cache, personality, performance, and all the amenities of a premium vehicle.

Lots of great alternatives in this price and performance class, if moving up in size is not an issue and/or if a "real" backseat is more of a priority. The VW GTI would be one for sure to look at if you're leaning that way. Otherwise, there is not much not to like about this new Mini.

THE CHECKLIST | 2015 MINI COOPER S 5 DOOR

THE BASICS

Type. Compact, 5-door, FWD hatchback
Power. 189-hp, turbocharged, 2.0-litre I4
Transmissions. 6-speed manual, 6-speed automatic
Price. Base $26,740 (plus destination)

NOTABLE FEATURES

- Folding rear seat expands cargo capacity to 941 litres
- Collision warning and active safety system with (initial) automatic braking
- Available apps for syncing Apple and Android smartphones
- Optional Dynamic Damper Control with "comfort" and "dynamic" settings

COURTESY BMW

POINTS

- 3-door and 5-door the first Mini variants built off the third-generation platform introduced for 2015
- Reduced weight and increased body rigidity to further Mini's legacy of go-cart-like agility
- 5-door's wheelbase expanded by 72 mm and body lengthened by 161 mm, compared to 3-door

MARKET POSITION

- Premium small car prioritized for driving fun
- S model features 4-cylinder 2.0-litre; base Mini powered by 3-cylinder 1.5-litre
- New 5-door model offers more space and access, but doesn't mess with iconic Mini silhouette

THE COMPETITION

Fiat 500L
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VW Golf GTI 5 Door
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The vegan car shopper dilemma

INDUSTRY TRENDS

It's not always easy to steer clear of leather

Tesla Motors shareholders Mark Peters and Elizabeth Farrell Peters had a simple request for the electric-car maker at its annual meeting in June: Stop offering leather interiors and make Tesla the first "cruelty-free" premium brand.

Shareholders rejected the proposal after Tesla's board said it would delay production of its electric cars. But Tesla CEO Elon Musk seemed intrigued.

"We'll look into it," he said. Last month, the Peterses took delivery of a leather-free Tesla Model S, the second one in their Hurst, Texas, garage.

For car buyers like the Peterses — who have been vegans for more than two decades — leather-free choices are limited. The car-buying site Edmunds.com says 78 per cent of 2015 model-year vehicles have standard leather seats on at least one trim level. In other words, buyers content with basic models can get cloth seats and plastic steering wheels, but as they add options like better engines, heated seats or upgraded speakers, they usually have to add leather seats.

Edmunds says 79 vehicles in the 2015 model year don't require buyers to get leather at any trim level. Those include the Toyota Prius hybrid, the BMW 3 Series and the Volkswagen Jetta. But even some models with cloth or faux-leather seats — like the plug-in hybrid Chevrolet Volt — still have leather-wrapped steering wheels.

That's not likely to change any time soon. Most customers worldwide equate leather with quality, richness and comfort, says Mel Stephens, a spokesman for automotive seat-maker Lear Corp.

Luxury automakers, including Audi and Cadillac, say requests for non-leather interiors are rare. Even when they get them, high-volume automakers can't necessarily stop the assembly line and make a personalized car. Ford won't replace leather seats at the factory, for example, but says dealers can install different seats if a customer requests them.

Mark Peters drives his leather-free Tesla Model S, including a hand-built, non-leather steering wheel, in Hurst, Texas. TONY GUTIERREZ/THE ASSOCIATED PRESS

David Peters of DLP Advisors, a leather-industry consulting firm, forecasts continued growth in automotive leather over the next decade as luxury car sales increase worldwide, particularly in China. Automakers used around two billion square feet of leather in 2014, or around 45 million cow hides; that was 17 per cent of the global supply of hides. By 2025, that could grow to 25 per cent, Peters said.

9

A vehicle interior usually requires two or three hides; some high-end luxury vehicles, like the Rolls-Royce Phantom, use as many as nine.

Environmentalists and animal rights groups say leather tanneries pollute land and water with chemicals like chromium, which the U.S. government classifies as a carcinogen. Raising, processing and transporting livestock also accounts for an estimated 14.5 per cent of all greenhouse gas emissions, according to a 2013 report by the United Nations Food and Agriculture Organization.

Mark Peters was driving a BMW 3 Series with faux-leather seats when he decided to look at a Tesla Model S because he wanted an electric car. Tesla offers cloth seats on case models, but he was annoyed by the standard leather-wrapped steering wheel and the fact that he couldn't get options like heated seats without upgrading to leather. He contacted Tesla in 2012; after a little haggling, the company promised him the non-leather options he wanted at no extra cost, including a hand-built, non-leather steering wheel. He got the car in June 2013.

A year later, the couple decided to order another Tesla, but the premium package they wanted, with perks like trunk lights and a power lift gate, required them to get a leather-wrapped dashboard. This time, Tesla wouldn't budge, so they got a stripped-down, leather-free version, but weren't happy and traded it in. It wasn't until after Tesla's annual meeting in June that the company relented and let them purchase a premium, leather-free Model S.

The Peterses remain hopeful that Tesla will switch to completely leather-free interiors, a move that could have ripple effects across the industry.

"When we buy something, we vote with our dollars," Mark Peters said. THE ASSOCIATED PRESS

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A lot riding on tires

DRIVING FORCE

Manufacturers look at seal, structure, tread

Jil McIntosh
For Metro Canada

At first glance, tires look pretty simple: They're just round and black. But they're actually very complex, consisting of numerous layers and specially-formulated rubber compounds.

"The purpose of the tire is to provide the braking, accelerating and cornering capabilities to make the vehicle go where the driver wants," says Ron Margadonna, senior technical marketing manager for Michelin North America. "It's the only component of the vehicle that touches the ground."

Tire manufacturers have to look at three basic elements when designing a tire. The first is the seal so that it holds air, which includes an inner liner made of composite rubber. The only thing holding the tire onto the rim is air pressure, so it's imperative that the tire seals properly.

Next is the structure, including the sidewall, which gives the tire its strength. Finally there's the tread, which has to grip the pavement.

The compound used to make the tread is composed of such materials as natural and synthetic rubber, oil, silica and carbon black, which gives it its colour. Rubber chemists create different formulas, depending on how the tire will be used. Summer tires need a firmer compound that won't get too soft in hot weather, while winter tires need to stay supple in cold temperatures. All-season tires use a compound that's approximately halfway between the two.

TIRE CARE

- Keeping your tires properly inflated can help save gas. A vehicle uses about 20 per cent of its fuel energy just to overcome the rolling resistance of its tires.
- The recommended air pressure is on a label inside the driver's door, while the number on the tire is the maximum it can hold.

The tread's design is a vital part of the tire, and engineers have to ensure that it's the right pattern for the job. "The grooves are for foul weather such as rain or snow, everything but dry," Margadonna says. "The grooves channel the water away. If it was always dry, you wouldn't need them."

The pattern creates blocks of tread, which determine how the tire will perform. Winter tires will typically have numerous small blocks, which create more sharp edges to bite through snow, while high-performance tires will have large, strong blocks to stay rigid during hard cornering.

The edge of the tread is called the shoulder, while the small slits running through the tread are called sipes. These spread open as the tire touches the road, providing even more gripping surface.

The tread eventually wears down with use, and so tire manufacturers mould in small rubber bars, called wear bars, which run across the width of the tire's tread. They're deeply buried on a new tire, but they become easier to spot as the tire wears down. If the tread has worn enough that you can quickly spot the wear bars, then it's time to replace the tire.

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Model shown: Pilot Touring YF4H9FKN

2015 **CR-V**

$1,500†

Cash purchase incentive on select 2015 models

MSRP $30,045** includes freight and PDI.
Model shown: CR-V Touring RM4H9FKNX

2015 **ACCORD**

$2,000†

Cash purchase incentive on select 2015 models

MSRP $25,745** includes freight and PDI.
Model shown: Accord Touring CR3F9FKN

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†$1,500/$2,000/$5,000 Honda cash purchase incentive is available on select 2015 CR-V models (LX AWD, SE, EX, EX-L, Touring), select 2015 Accord models (2D EX, 2D EX-L Navi, 4D LX, 4D Sport, 4D EX-L, 4D Touring) and every 2015 Pilot model. Honda cash purchase incentive will be deducted from the negotiated price after taxes and cannot be combined with special lease or finance offers. **MSRP is $30,045/$25,745/$37,095 based on a new 2015 CR-V LX AWD RM4H3FES/Accord 4D L4 LX 6MT CR2E3FE/Pilot LX 5AT 2WD YF3H2FE including $1,695/$1,695/$1,695 freight and PDI. Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, which are both due at time of delivery and covered by the dealer on behalf of the customer. Offers valid from September 1st through 30th, 2015 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

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Your essential daily news

Connor McDavid tops rookies in EA Sports' NHL 16 with an 82 player rating

Focus back under centre

CFL

Beck to see majority of snaps at practice at QB

Cam Tucker
Metro | Vancouver

The B.C. Lions began the week with John Beck taking the snaps at quarterback and Travis Lulay looking on, a jersey and helmet absent from his possession.

It could be this way for some time — Lulay is out with an MCL sprain and the time frame for his return centres around three to six weeks.

With the Lions now 4-5 and third in the West Division, trying to string together back-to-back wins when they host the Ottawa Redblacks on Sunday, the quarterback position has been turned over to a veteran in Beck and two rookies, Jonathon Jennings and Greg McGhee.

The plan, according to head coach Jeff Tedford, is for Beck, now in his second CFL season, to see the bulk of the snaps in practice. Jennings will also get added reps now that he is the apparent second in line over this next stretch.

Jennings appeared in both exhibition games, completing a combined nine passes on 19 attempts and winning the third-string job. Though as it stands right now, the Lions could be one more run-in with bad luck away from turning to a quarterback with limited experience at the professional level.

John Beck is now a the top of the quarterback depth chart ahead of Jonathon Jennings and Greg McGhee. GRAHAM HUGHES/THE CANADIAN PRESS

"He got some reps in pre-season so you're able to see him control things," said Tedford of Jennings.

"His preparation is really good. He's a student of the game so you know he's going to be prepared mentally and then it's just about the speed of the game at that point."

> **He's going to be prepared mentally and then it's just about the speed of the game at that point.**
> Jim Tedford, on backup QB Jonathon Jennings

In his first year with the Leos, Jennings has been rooming with Lulay on the road.

Lulay has experienced a similar situation to the one Jennings finds himself in and can relate to what might be going through a young player's mind when they may be suddenly called upon in a game situation at a moment's notice.

"It changes your mindset a little bit," said Lulay.

"We talk a lot and if you were to ask (Jennings) right now how he feels versus Week 1 or 2, I guarantee you he's in a better position to potentially play if he were to have to. It's a big learning year, that first year up here."

IN BRIEF

Kane's grand jury hearing postponed: Report

The Erie County District Attorney has postponed grand jury proceedings into a sexual assault allegation against Chicago Blackhawks star forward Patrick Kane, a person familiar with the investigation who spoke only on condition of anonymity confirmed to The Associated Press.

Evidence was scheduled to be presented to jurors on Tuesday but the hearings were postponed for about two weeks, the person said.

Kane is reportedly accused of sexually assaulting a woman in her 20s at the player's off-season home overlooking Lake Erie outside of Buffalo. He has not been charged. THE ASSOCIATED PRESS

Sinclair ranks sixth among women in FIFA 16

Canadian captain Christine Sinclair ranks sixth among women in the new FIFA 16 video game.

The star forward from Burnaby gets a player rating of 88 in the EA Sports game, which is developed in suburban Vancouver.

Carli Lloyd is the top-ranked woman in the game at 91, followed by fellow Americans Megan Rapinoe (90) and Abby Wambach (90), France's Louisa Necib (90) and Germany's Nadine Kessler (89).

This edition marks the first time women have been in the FIFA video game franchise. THE CANADIAN PRESS

MLB

Jays surge past Red Sox in 10th inning, extend division lead

Blue Jays shortstop Troy Tulowitzki tags out would-be base stealer Rusney Castillo of the Red Sox in Boston on Tuesday night. MICHAEL DWYER/THE ASSOCIATED PRESS

Troy Tulowitzki singled in the go-ahead run off Alexi Ogando to trigger a four-run 10th inning that lifted the American League East-leading Toronto Blue Jays to a 5-1 victory over the Boston Red Sox on Tuesday night.

With the win, Toronto increased its lead in the East to 1-1/2 games over the New York Yankees, who lost 2-1 to Baltimore. The Blue Jays won for the 13th time in 17 games.

Travis Shaw homered for Boston, which had its four-game winning streak stopped.

SEASON DEBUT

Stro Show resumes in Bronx

Toronto right-hander Marcus Stroman will make his first start of the season Saturday at Yankee Stadium.

Stroman, who tore the ACL in his left knee in March, will take the place of veteran Mark Buehrle, who reportedly returned to Toronto for a cortisone shot in his left shoulder.

Josh Donaldson led off the 10th with a triple against Ogando (2-1), a towering fly ball that appeared to hit the top corner of the Green Monster and bounced back.

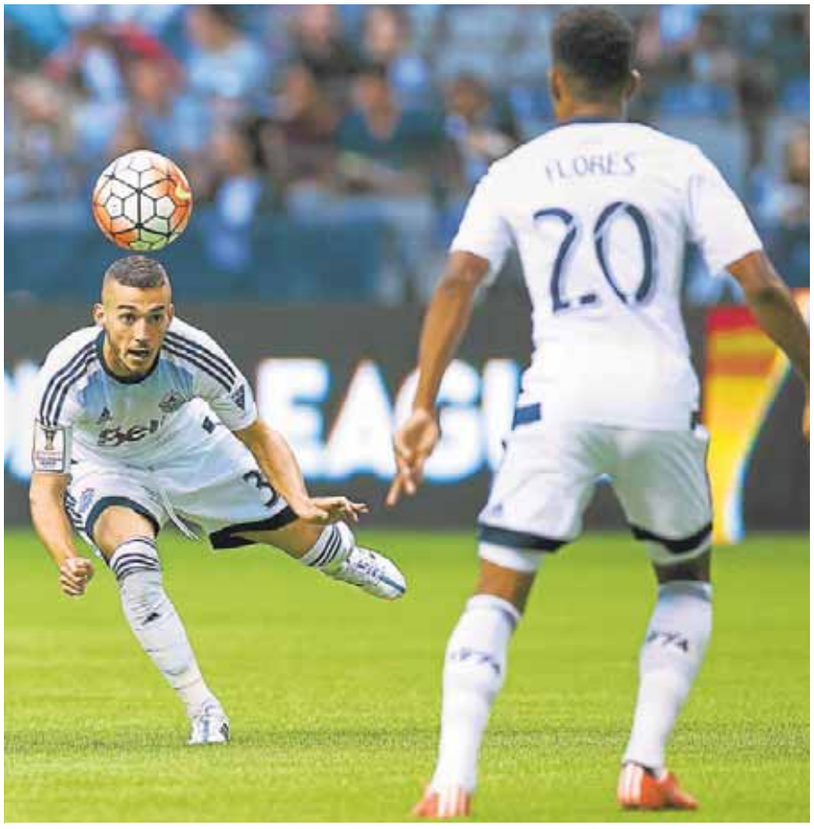
After a review upheld the call of the ball not crossing the red line at the top for a homer, the crew reviewed and confirmed Donaldson was safe at third.

Tulowitzki singled past third baseman Pablo Sandoval. Chris Colabello followed with an RBI single, Ogando balked in the next run and Kevin Pillar had a sacrifice fly.

Aaron Sanchez (7-5) worked one inning for the win.

Toronto starter R.A. Dickey gave up one run and four hits in six innings. He was 0-3 with a 5.76 ERA in four starts against Boston this season.

Boston's Henry Owens struggled with his control, but held the Blue Jays to one run and three hits in 5-1/3 innings. THE ASSOCIATED PRESS



The Whitecaps' Russell Teibert, left, heads the ball to teammate Deybi Flores against the Seattle Sounders in Vancouver last month. DARRYL DYCK/THE CANADIAN PRESS

Whitecaps still have a lot to prove

MLS

Vancouver faces Colorado Rapids on Wednesday

Cam Tucker
Metro | Vancouver

Who are these guys again? After a nearly two-week break in their regular season schedule, the Vancouver Whitecaps resume their push for not only a Major League Soccer playoff spot but a top seed in the highly competitive Western Conference.

They'll host the Colorado Rapids, currently out of a playoff spot, at BC Place Stadium on Wednesday.

It will mark Vancouver's first game since a 2-0 road loss in Houston on Aug. 29. Despite that result, the Whitecaps remain second in the conference and only one point back of the star-studded L.A. Galaxy for first place with only seven games remaining in the season.

"You can see the guys are fresh and ready to go," Kekuta Manneh told reporters.

Despite where they sit in the standings – ninth out of 10 teams in the West and seven points out of a playoff spot – the Rapids have had the Whitecaps number of late, beating them twice back in the high altitude environment of Colorado earlier this year.

The Whitecaps will be without two key figures in their defensive structure, with midfielder Matias Laba and centre back Kendall Waston both serving suspensions for yellow card accumulation.

Fellow midfielder Russell Teibert is on international duty with the Canadian men's team for their latest World Cup qualifier against Belize.

Veteran centre back Pa-Modou Kah, who recently suffered a facial fracture, is one yellow card away from a single-game ban. Previous disappointments against Colorado aren't sitting well with Kah, though he was adamant the club didn't take the Rapids lightly.

> **We've taken every opportunity seriously. We never take nobody lightly in this league; you can't.**
> Pa-Modou Kah

"For us, we have something to prove because we still want to be in a good position for the playoffs," he said.

"We've taken every opponent seriously. We never take nobody lightly because in this league, you can't. If you do that, you lose.

"Every time we had a loss, we've come back strong."

The Whitecaps will resume their CONCACAF Champions League schedule on Sept. 16, as they host CD Olimpa.

SOCCER

Doughty sharpening skills with Manchester United juniors

Just 18, Josh Doughty is rubbing shoulders with some of soccer's elite.

The Vancouver-born forward is honing his skills in England with Manchester United's under-21 team. Doughty signed in January 2014, eventually joining the storied club in November after getting his international clearance.

"It was a dream come true," Doughty said after a recent training session with the Canadian under-20 team. "It's what I expected. It's really high-level, challenges you every day. It's a great place to learn.

"So it's the right place to be if you want to improve your game." Practice can involve lining up with members of the first team squad.

"You start to get used to it, but at the beginning I was thinking 'Oh my God.' You're in close proximity with all these great players and you can just learn off them, playing with and against them so it's great."

Born in Canada to British parents, Doughty was four when he moved to Arizona where he grew up. His father's work with an aerospace company took him to Canada and the U.S.

> **I probably have some choices to make in the future but for now I'm just focused on Canada.**
> Josh Doughty

As a result, Doughty holds three passports. While he has joined Canadian age-group teams the last three years, he is not yet tied to a national program.

"I probably have some choices to make in the future but for now I'm just focused on Canada," he said. Canada clearly wants to keep the lanky Doughty wearing the Maple Leaf.

"He's very light of foot, a very technical player," said under-20 coach Rob Gale. "Great in close quarters."

Josh Doughty CONTRIBUTED

The teenager can also play a variety of roles, including forward, box-to-box midfielder and as a No. 10.

"He's almost in that Berbatov mould," he said, referencing Bulgarian and PAOK star Dimitar Berbatov. "In close control, tight quarters, (he) works the ball very nicely." Gale, who holds British and Canadian citizenship himself, says he has a good relationship with the Doughty family. He hopes Canada's commitment to and investment in Doughty and others will reap rewards.

Doughty joined Real Salt Lake's residential developmental academy, which was based in Arizona.

He spent two seasons there, helping Salt Lake to the U.S under-16 title in 2012-13, and was spotted by Manchester United at the Generation Adidas Cup, MLS's youth championship. THE CANADIAN PRESS

EURO 2016 QUALIFIERS

Rooney becomes England's all-time top goal scorer

Wayne Rooney broke England's scoring record as the hosts maintained their perfect record in European Championship qualifying with a 2-0 win over Switzerland on Tuesday that secured top spot in Group E.

Rooney slammed in a penalty in the 84th minute for his 50th international goal, eclipsing Bobby Charlton's 45-year-old England record.

England have already qualified for next year's tournament in France.

Switzerland stayed second in the group with Slovenia climbing to third by beating Estonia 1-0. Lithuania needed an injury-time winner to beat San Marino 2-1 in a game both teams finished with 10 men. THE ASSOCIATED PRESS

Wayne Rooney scored his 50th international goal on Tuesday. MIKE HEWITT/GETTY IMAGES

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Quest for Serena Slam claims sibling

Serena Williams, left, hugs her sister Venus after Tuesday night's match in Queens, N.Y. JULIO CORTEZ/THE ASSOCIATED PRESS

U.S. OPEN

Venus latest challenger to fall to top seed

If Serena Williams would feel sympathy for any opponent standing in the way of her pursuit of tennis' first true Grand Slam in 27 years, it might very well be her sister Venus.

Still, no way was Serena going to let anyone, or anything, stop her on this night, even if she found herself in a mid-match lull while facing her older sibling in the U.S. Open quarter-finals.

Moving two matches from history, top-seeded Serena got all she could handle from 23rd-seeded Venus before moving onto the semifinals at Flushing Meadows with a 6-2, 1-6, 6-3 victory Tuesday in the 27th installment of the unique Williams vs. Williams rivalry.

When it ended, they met at the net for a hug, with a smiling Venus wrapping both arms around Serena.

"She's the toughest player I've ever played in my life and the best person I know," Serena said in an on-court interview. "It's going against your best friend and at the same time going against the greatest competitor, for me, in women's tennis."

Serena is 16-11 in their matches, taking seven of their last eight meetings. She leads 9-5 in majors and 3-2 at the U.S. Open. Of greater significance is this: Serena can still become the first player since Steffi Graf in 1988 to collect all four Grand Slam titles in a calendar year. THE ASSOCIATED PRESS

A big mental fight.

Croatia's Marin Cilic, who held on to beat Jo-Wilfried Tsonga of France 6-4, 6-4, 3-6, 6-7 (3), 6-4 and advance to the semifinals on Tuesday.

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Ready in
Prep time: 15 minutes
Cook time: 10 minutes

Ingredients
- 1 large egg
- 2 Tbsp milk or water
- 1 1/2 lb tilapia fillets (4)
- 2/3 cup seasoned bread crumbs, store-bought
- 2 tsp vegetable oil
- 1 1/2 cups halved cherry tomatoes
- 2 Tbsp diced black olives
- 2 Tbsp diced green olives
- 2 Tbsp chopped basil
- 2 Tbsp chopped parsley
- 1 Tbsp olive oil
- 2 tsp low-sodium soy sauce
- 1 tsp crushed garlic

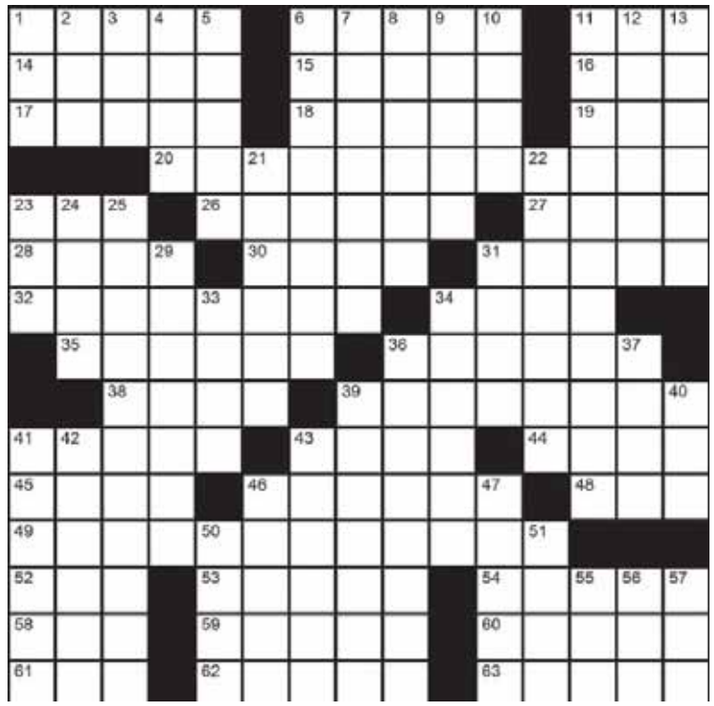
Directions
1. Combine the egg and milk and place in a shallow dish. Dip each fillet in the egg and milk mixture then in the bread crumbs. In a nonstick skillet sprayed with vegetable spray, heat the oil and cook the tilapia for five minutes, turning halfway or just until the fish flakes.
2. Combine the tomatoes, olives, basil, parsley, olive oil, soy sauce and garlic and serve overtop the tilapia.

Nutrition per serving
- Calories 327
- Protein 38 g
- Carbohydrates 17 g
- Fibre 1 g
- Total fat 11 g
- Saturated fat 1.6 g
- Cholesterol 206 mg
- Sodium 574 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. September 9th to September 13th, 2015: Manito __ (Festival celebrating Indigenous culture held annually in Winnipeg — its name means 'where the Creator sits' in Ojibway)
6. Mountaineer's spike
11. Gladiator's 102
14. Particular pie
15. Sprang up
16. Everybody
17. Hair lock
18. Sevens: French
19. Theologian's subj.
20. North America, to Aboriginal peoples: 2 wds.
23. Sleeve
26. "Aha!"
27. Hardly __ (Rarely)
28. Whipped flour/butter sauce
30. "The Simpsons" sister
31. Easy-__ (Simple)
32. Prayer beads
34. Axed
35. Mr. Cowell's of the music industry
36. Quagmire
38. Government group in Washington, D.C.
39. Those born with innate talent
41. Boyfriends
43. Rope
44. Plummet
45. Someone sleepy's sound
46. International __ __ (featuring performers in regalia, it's part of this weekend's events, as per #1-Across)
48. Nodful word
49. 1970s style of family vehicle: 2 wds.
52. Aristocratic title
53. Infested, like stored-for-the-summer sweaters
54. Mr. Philbin
58. 100, for short
59. Isle in the Firth of Clyde
60. Talk in a monotone
61. For instances, for short
62. Express
63. Sing, Alps-style

DOWN
1. Liable
2. Feminine pronoun
3. Pre-A.D. time
4. __ meets West
5. Result
6. Bakery offerings
7. Without choler
8. Capital of Kansas
9. Ancient seaport of Rome
10. Headland
11. Inn
12. Ms. Graff's of "Mr. Belvedere"
13. Volunteer's dishwashing time utterance: 2 wds.
21. Reigning
22. __ Islands (Antigua is one)
23. Airport sched. word
24. Li'l hoppers in Australia
25. Indigenous __ __ (As per #1-Across, event this Friday honouring songwriters, singers, and more)
29. _-__ (unspecified quantity)
31. Lima's land
33. Actor Mr. Perlman's
34. Hamburger alternative: 2 wds.
36. Alberta community near the Saskatchewan border
37. Plum-like fruit
39. "What happens next?": 2 wds.
40. Health resort
41. Percy Shelley connector (English poet)
42. Suppertime process
43. Iran-__ Affair (1980s political scandal)
46. Israel's __ (Engagement of April 25th, 1900 that Canadians took part in during The South African War of 1899 to 1902)
47. Long-winded
50. "__ __ surprised as you are!"
51. Emperor of Rome
55. Poseidon, for one
56. Suffix with 'Hero'
57. Montreal seasoning

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
There is no point trying to force others to see things your way because that will make them even more determined to take an opposing viewpoint. All you can do is present them with the facts.

Taurus April 21 - May 21
Why are you feeling so guilty about all the fun you've been having? Most likely it is because of those tales of woe you keep hearing from people who have not had it so good. Yes, life is unfair. Too bad.

Gemini May 22 - June 21
Social occasions and travel plans are especially well starred, so don't sit there doing nothing, get out and enjoy yourself.

Cancer June 22 - July 23
Just because someone has a different outlook to you does not mean you cannot work together or even be friends. Say what you have to say, then open your ears to what they have to tell you.

Leo July 24 - Aug. 23
There is no right way or wrong way to do what needs to be done, there is only the way that works, so if you are happy with the way things are going then carry on.

Virgo Aug. 24 - Sept. 23
You will find yourself in a minority of one today and those who oppose you will be in positions of power. Do you back down? No you do not. Be intellectually aggressive.

Libra Sept. 24 - Oct. 23
Something you said a long time ago will return to either help or hinder you today. If nothing else it will remind you that causes have consequences. Remember that the next time you open your mouth.

Scorpio Oct. 24 - Nov. 22
You are rather restless at the moment, especially on the mental level. But that's good. The more you allow your mind to wander the more ideas and insights you will come up with.

Sagittarius Nov. 23 - Dec. 21
You will have to spell things out in the simplest of terms for other people today. It would be nice if everyone were as quick on the uptake as you but they are not.

Capricorn Dec. 22 - Jan. 20
Cosmic activity in the career area of your chart makes this an important time for negotiations. Try to strike a balance between cooperation and forcefulness — you'll get things done and get more money in the bank.

Aquarius Jan. 21 - Feb. 19
You may be tempted to speak harshly about someone today, but the planets suggest you will hurt them more if you ignore them. Living well is the best revenge.

Pisces Feb. 20 - March 20
Defend your beliefs with every weapon at your disposal. When others challenge your opinion, hit back twice as hard. Give them no quarter. Show them no mercy.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

Conceptis SudoKu — By Dave Green

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